

## *The Audience*

- **Consumers...** in day programs, inpatient settings, support groups, and other community settings who can share, learn, and find hope for successful living.
- **Family and friends...** who may need further reassurance of the possibility of recovery for their loved ones.
- **Health care providers...** who desire strengthened communication with their clients and improved outcomes.
- **Law enforcement officials...** to increase awareness of and sensitivity to behaviors triggered by mental illness.
- **Faith communities...** to increase responsiveness to people with mental illnesses who may first turn to their spiritual community for guidance.
- **Students...** of various age levels, who wish to expand their knowledge of living with mental illness.
- **Any community or civic organization...** who may be interested in learning more about mental illnesses

# NAMI San Diego

An Affiliate of the  
National Alliance On Mental Illness

4480 30th Street  
San Diego, CA 92116

**NAMI San Diego Helpline:**  
619.543.1434  
Or 800.523.5933  
[www.namisaniego.org](http://www.namisaniego.org)  
[information@namisd.org](mailto:information@namisd.org)

*Open Your Mind*



*Mental Illnesses  
Are Brain Disorders*

*1-800-950-NAMI*

**If you are interested in attending or scheduling a presentation, or interested in becoming a presenter, please call and ask for the In Our Own Voice Coordinator at our administrative line: (619) 584-5564**



*San Diego's Voice On Mental Illness*

## ***In Our Own Voice: Living with Mental Illness***

A recovery-education program presented by trained consumer presenters/facilitators to other consumers, families, friends and professionals.

Hear from people who have struggled with disorders such as schizophrenia, bipolar disorder, major depression, and other severe mental illnesses. These presenters offer insight and hope by their example and testimonials of their experiences

## *In Our Own Voice is...*

- An informational outreach program on recovery presented by trained consumers to other consumers, families, students, professionals, and all people wanting to learn about mental illness.
- Designed to offer insight into how people with serious mental illnesses cope with the realities of their disorders while recovering and reclaiming productive lives with meaning and dignity.
- Living proof that mental illness is nothing to be ashamed of and that recovery is an ongoing reality.

# *The Presentation*

The brief video features consumers speaking about the topics of Dark Days, Acceptance, Medications, Coping Skills, Successes, and Hopes and Dreams.

The presenters also provide opportunity for discussion about each section to enrich the audience's understanding of living with mental illness.

A Take Home Kit is distributed to all attendees and includes resources and an opportunity for program evaluation.

The presentation is designed...

- To meet the need for consumer-run education initiatives.
- To set a standard for quality education about mental illness from those who have been there.
- Presenters are consumers who are ready for the next step in their recovery and are willing to share their story.
- During their training, presenters practice telling their personal stories, develop facilitation skills, develop story points that will be relevant and meaningful to specific audiences, and develop a professional presentation that they could take to their communities.

